

Central Baptist Church Fitness Calendar
September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Happy Labor Day!	3 9:00 Step/Core (Allie) 10:15 Yoga (Lynn) 6:00 Yoga (Julie)	4 9:00 MI PUMP (Allie) 10:30 Fun Fitness (Gail)	5 9:00 KB/Core (Allie) 10:15 Yoga (Amy) 6:00 Mix it Up! (Meredith)	6 9:00 Mix It Up! (Pris) 10:30 Fun Fitness (Vicky)	7
8	9 9:00 KB/Bosu/Core (Allie) 10:30 Fun Fitness (Linda) 6:00 TB (Angela)	10 9:00 TB (Keli) 10:15 Yoga (Robert) 6:00 Yoga (Vicky)	11 9:00 Mi Core (Allie) 10:30 Fun Fitness (Gail)	12 9:00 Step Sculpt (Allie) 10:15 Yoga (Julie) 6:00 Bosu/TB (Erin)	13 9:00 Cardio Core (Pris) 10:30 Fun Fitness (Kim)	14
15	16 9:00 TB (MN) 10:30 Fun Fitness (Lynn) 6:00 MI PUMP (Erin)	17 9:00 Turbokick (Allie) 10:15 Yoga (Julie) 6:00 Yoga (Amy)	18 9:00 Mi pump (Allie) 10:30 Fun Fitness (Gail)	19 9:00 Step/Kb (Allie) 10:15 Yoga (Lynn) 6:00 TB/FB (Erin)	20 9:00 Bosu/Core (Pris) 10:30 Fun Fitness (Vicky)	21
22	23 9:00 Mix It UP! (MN) 10:30 Fun Fitness (Kim) 6:00 Mix it UP! (Angela)	24 9:00 Step/KB/Abs (Allie) 10:15 Yoga (Robert) 6:00 Yoga (Amy)	25 9:00 TB (Allie) 10:30 Fun Fitness (Gail)	26 9:00 MI Core (Allie) 10:15 Yoga (Amy) 6:00 MI Pump (Erin)	27 9:00 Mix IT Up! (Kim) 10:30 Fun Fitness (Meredith)	28
29	30 9:00 Barre (MN) 10:30 Fun Fitness (Vicky) 6:00 Mix it up! (Erin)					